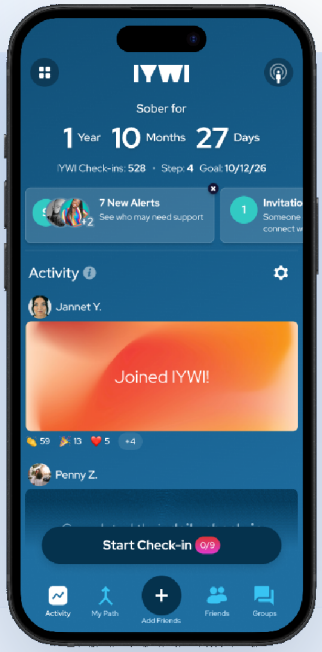
IYWI
If You Work It

Your recovery.
Better connected.

Build consistency in your daily practice and stay close to the people who support you.



WHAT IYWI GIVES YOU

A daily ritual
A few minutes each day to check in, reflect and notice your patterns.

♡ Steadier, one day at a time

Support you choose
Your house manager, coach, sponsor or a friend sees your check-ins, with a heads-up when there are early signs of stress.

♡ Support when it counts

A house behind you
Celebrate sober anniversaries and milestones together, and stay in touch between meetings.

♡ Less alone between in-person meetings

Your recovery network
Everyone you meet along the way, from treatment to your home group, stays with you as you step down and move out.

♡ Your recovery network expands

ONCE YOU'RE IN

1. **Add your people**
   A quick invite to your house manager, sponsor or a friend.
2. **Check in tonight**
   A few minutes to reflect. That's your first day.
3. **Stay close**
   A cheer for a milestone, a quick note on a hard day.

Ask your house manager about joining the house Group.

Scan to download IYWI

Point your phone's camera at the code.

Free · iPhone & Android

Private by design. You choose who sees your check-ins, and you can change it anytime.
iywico.com

In a crisis, call or text **988** (Suicide & Crisis Lifeline) or call SAMHSA at 1-800-662-HELP (4357). IYWI is not an emergency service.